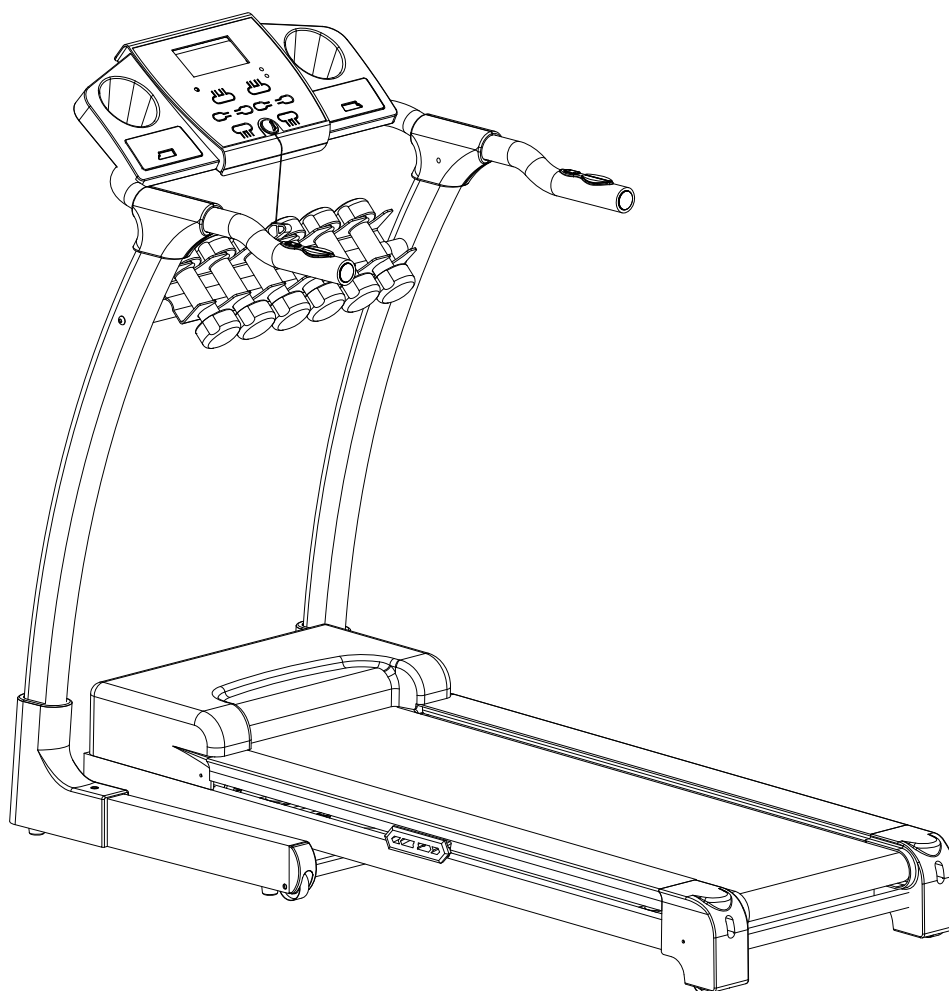


OWNER'S MANUAL



CAUTION: Before starting any exercise program, consult with your physician or health professional.

IMPORTANT: Read all instructions carefully before using this product. Retain this owner's manual for the future's reference.

IMPORTANT SAFETY PRECAUTIONS

1. Plug the power cord of the treadmill directly into a dedicated grounded circuit.

This product must be grounded well. If it has breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

2. Position the treadmill on a clear, level surface. Do not place the treadmill on thick carpet as it may interfere with proper ventilation. Also, do not place the treadmill near water or outdoors.

3. Position treadmill so that the wall plug is visible and accessible.

4. **NEVER** start the treadmill while you are standing on the walking belt. After turning the power on and adjusting the speed control, there may be a pause before the walking belt begins to move, **ALWAYS** stand on the foot rails on the sides of the frame until the belt is moving.

5. Wear appropriate clothing when exercising on the treadmill. Do not wear long, loose fitting clothing that could become caught in the treadmill. Always wear running or aerobic shoes with rubber soles.

6. Always unplug the power cord before removing the treadmill motor cover.

7. Keep small children away from the treadmill during operation.

8. Always hold the handrails when initially walking or running on the treadmill, until you are comfortable with the use of the treadmill.

9. If the user want to stop the exercise or the Treadmill should suddenly increase in speed due to an electronics failure, please be sure to put your hands on the both uprights firstly, and then step on the ride rail to avoid the damage by moving running belt.

10. Always attach the safety pull pin rope to your clothing when using the treadmill. If the treadmill should suddenly increase in speed due to an electronics failure or the speed being inadvertently increased, the treadmill will come to a sudden stop when the pull pin is disengaged from the console. Pull off the safty pin and keep it well when you do not use the machine.

11. When the treadmill is not being used, the power cord should be unplugged and the safety pull pin should be removed.

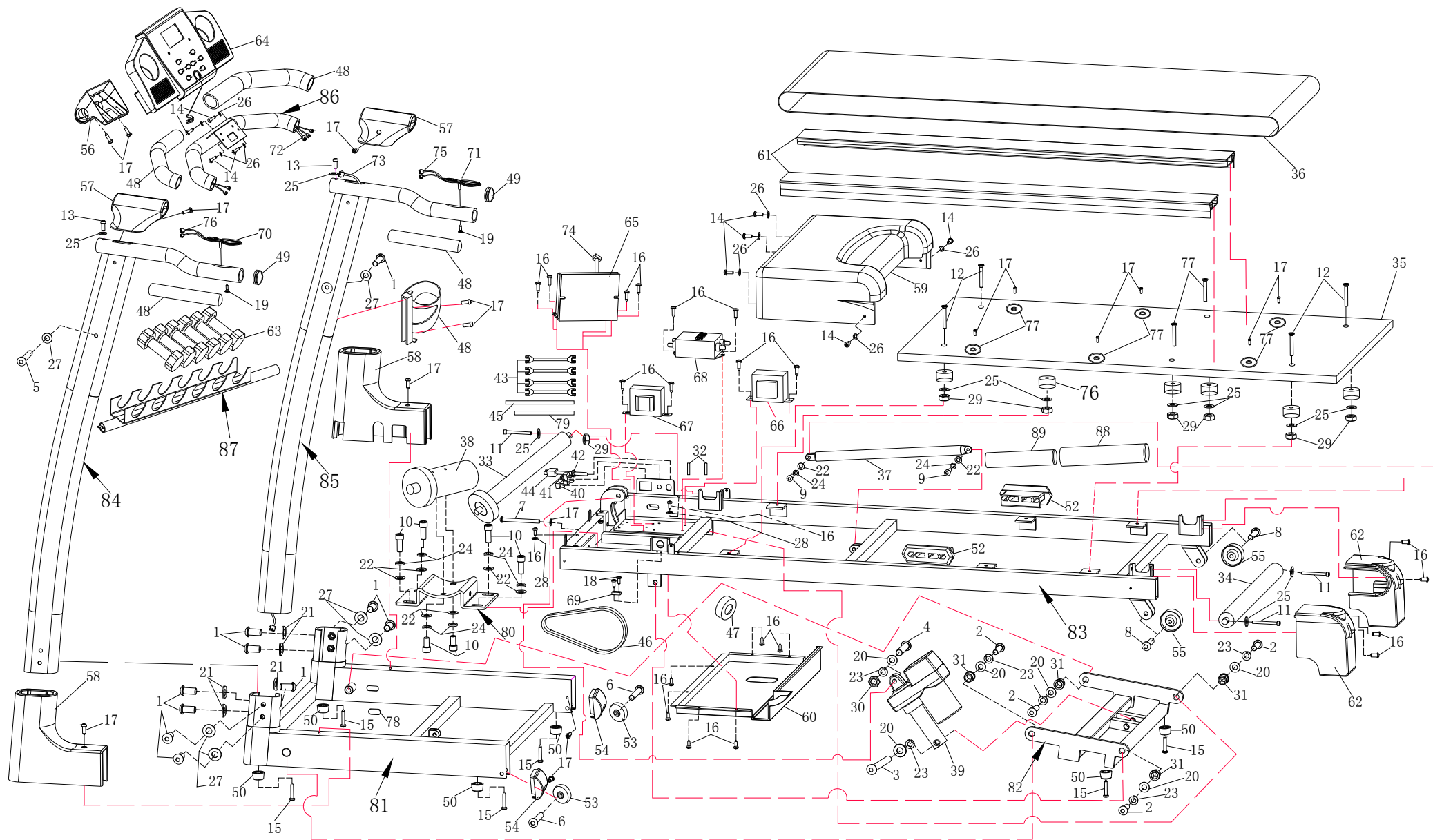
12. Before starting any exercise program, consult with your physician or health professional. He or she can help to establish the exercise frequency, intensity (target heart zone) and time appropriate to your particular age and physical condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, **STOP IMMEDIATELY!** Consult your physician before continuing.

13. If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.

14. When the treadmill is not being used, please pull out the safety lock and store up it in order to avoid the children and other persons to incorrectly use the treadmill.

For your information, please note following electronical specification of Treadmill:

- a. The input voltage: $\sim$ 240V (50HZ)
- b. The rated power: 2.0 Continuous HP
- c. Time Range: 0:00-99:59
- d. Speed Range: 1-18.00KM/H
- e. Distance Range: 0.00-99.9KM
- f. Calories range: 0-999CAL
- g. **Pulse range:** 60-200 times/Per minute
- h. Incline degree range:1-20 levels



PARTS LIST

#	DESCRIPTION	REMARKS	QTY
1	BOLT	M8*20 S6	11
2	BOLT	M10*30 S6	4
3	BOLT	M10*95, S6	1
4	BOLT	M10*50, S6	1
5	BOLT	M8*60, S6	2
6	BOLT	M8*50,S6	2
7	HEX BOLT	M8*75,S6	1
8	BOLT	M8*40,S6	2
9	BOLT	M8*30, S6	2
10	HEX BOLT	M8*20,S6	6
11	HEX BOLT	M6*60,S6	3
12	BOLT	M6*45, S6	6
13	BOLT	M6*12	2
14	SCREW	M5*12	9
15	BOLT	ST4. 2*25	6
16	SCREW	ST4. 2*12	14
17	SCREW	ST4. 2*15	16
18	SCREW	ST3.5*10(head $\varnothing$ 6)	2
19	SCREW	M3.5*20	2
20	FLAT WASHER	D10	6
21	ARC WASHER	D8	6
22	FLAT WASHER	D8	6
23	ARC WASHER	D10	5
24	ARC WASHER	D8	8
25	SPRING WASHER	D6	11
26	FLAT WASHER	D5	9
27	WASHER	D8	6
28	WASHER	D5	2
29	NYLON NUT	M6	5
30	NYLON NUT	M10	5
31	STEEL BUSHING	$\varnothing$ 16*9(inner hole $\varnothing$ 10)	4
32	FIXED PIN	$\varnothing$ 5X1X12	2
33	FRONT ROLLER	$\varnothing$ 100* $\varnothing$ 50* $\varnothing$ 17*500	1
34	REAR ROLLER	$\varnothing$ 46* $\varnothing$ 17*495	1
35	RUNNING BOARD	1060*550*18	1
36	RUNNING BELT	1. 6*2400*420	1
37	BARIC CLAVA	$\varnothing$ 20* $\varnothing$ 10*495, dis., 640, 160N	1
38	MOTOR	2HP	1
39	INCLINE MOTOR	1/20HP	1
40	POWER BUTTON	KCD4	1
41	OVER LOADING PROTECTOR		1
42	WIRE BUTTON	6N-4	1
43	WIRE	16#130(red, 3pcs)	4
44	WIRE(with plug)	0. 75*3*2700, length 220	1
45	INSULATOR	Length 200	1

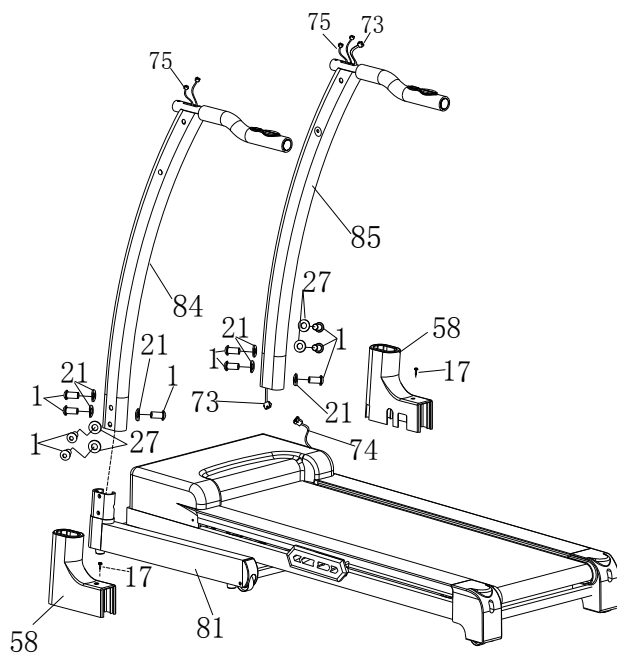
#	DESCRIPTION	REMARKS	QTY
46	DRIVING BELT	200J	1
47	MAGNETIC RING	$\varnothing$ 25* $\varnothing$ 15*12	2
48	FOAM GRIP	$\varnothing$ 32,length340	4
49	END CAP	$\varnothing$ 32*2	2
50	CUSHION	$\varnothing$ 30*16	6
51	RUBBER CUSHION	$\varnothing$ 30* $\varnothing$ 6. 5*18	6
52	CUSHION		2
53	FRONT WHEEL	$\varnothing$ 54*22	2
54	END CAP	80*40	2
55	REAR WHEEL	$\varnothing$ 50* $\varnothing$ 8*20	2
56	PLASTIC COVER	170*105*95	1pair
57	PLASTIC COVER	171*104*54	1pair
58	PLASTIC COVER	210*187*60	1pair
59	MOTOR TOP COVER	568*363*122	1
60	MOTOR BOTTOM COVER	560*356*88	1
61	SIDE RAIL	1080*90*20	1pair
62	REAR END CAP BAFFLE	175*110*105	1pair
63	Dumbbell	2LB,3LB,4LB	1set
64	DISPLAY		1
65	POWER CONTROLLER	140*115*65	1
66	TRANSFORMER	80*50*60	1
67	Electrics protection	80*50*60	1
68	Filter		1
69	Square magnet	25*18*5	
70	LEFT HAND PULSE	125*32*35	1
71	RIGHT HAND PULSE	125*32*35	1
72	TRUNK LINE 1	500 MM	1
73	TRUNK LINE 2	1200 MM	1
74	TRUNK LINE 3	500 MM	1
75	COMPUTER LINE	500 MM	1
76	COMPUTER LINE	500 MM	1
77	BOWL CUSHION	$\varnothing$ 57*3.8 inner hole $\varnothing$ 5	6
78	STOPPER	28*12	2
79	TRUNK LINE COAT	$\varnothing$ 10*400	1
80	MOTOR FRAME		1
81	BASE FRAME		1pair
82	INCLINE FRAME		1pair
83	MAIN FRAME		1 pair
84	LEFT UPRIGHT		1 pair
85	RIGHT UPRIGHT		1 pair
86	COMPUTER HOLDER		1 pair
87	DUMBBELL HOLDER		1 pair
88	$\varnothing$ 38 BARIC CLAVA		1 pair
89	$\varnothing$ 32 BARIC CLAVA		1 pair
90	WATER BOTTLE HOLDER		1

Basic characters:

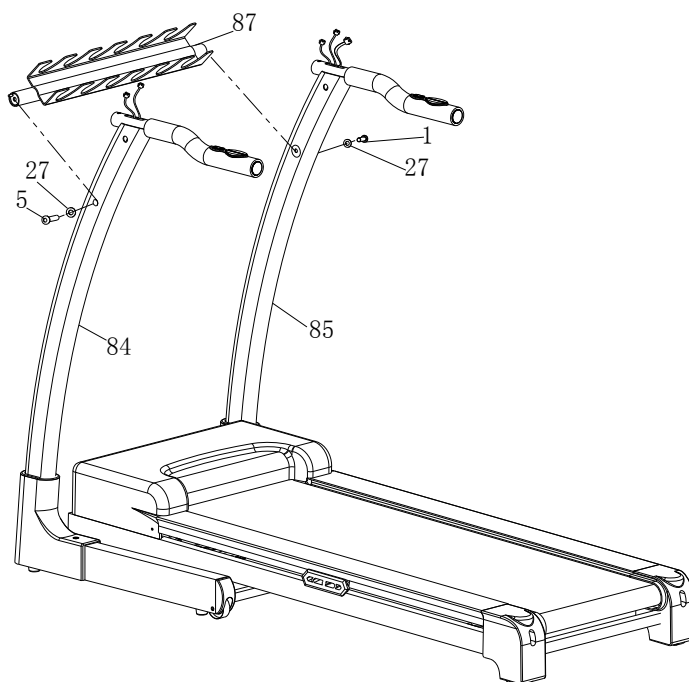
- ☆ 5 buttons: “speed +” and “speed -” button, stop/start button , “select”, Mode set , “re” button, “reset”
- ☆ Display with 4 LCD SCREEN

ASSEMBLY STEPS

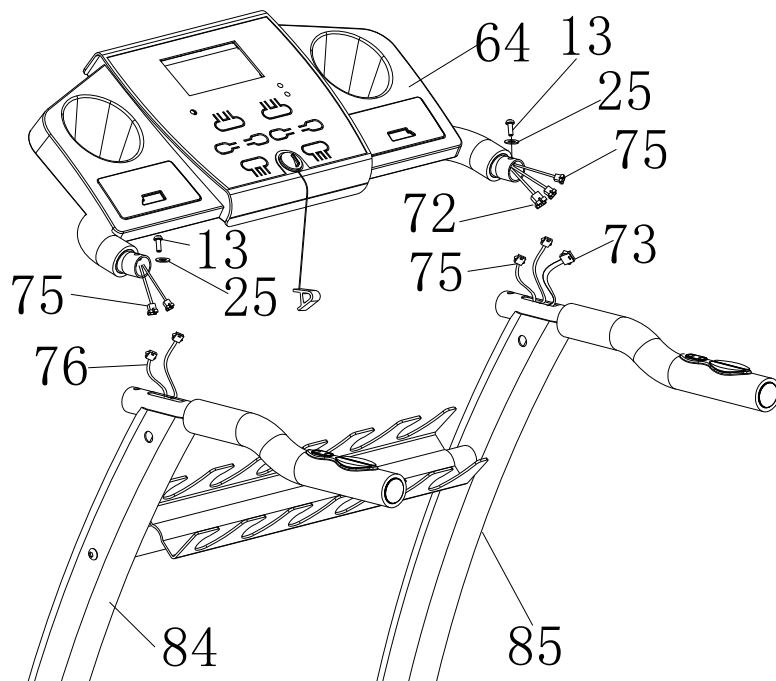
Before assembly, please take out all the parts from the package and align them on the floor.



1. As attachment, put the plastic cover (58) onto the upright (84, 85); (2) Use the bolt (1, 27) and the washer (20, 21) to fix upright (84, 85) onto the base frame (81), then fasten them with S6 wrench. Attention: After fixing the upright (84, 85), connect the trunk line 74 & 73, put on the coat of trunk line (83); (3) Use wrench to fix the plastic cover (58) on the base frame (81).



2. (1) As attachment, insert the longer side of the dumbbell holder(87) into the right upright(85) (To protect trunk line 73 from being destroyed) ,then connect the dumbbell holder(85) to the upright(84,85) with the bolt(1,5) and the flat washer(27) ;



3. (1)As attachment, connect the display trunk line(75)and trunk line(76),connect the trunk line(75,75) ,connect the trunk line(72) and trunk line(73);(2)Insert the whole computer holder (86) into the upright(84,85), fasten the computer holder(86) onto the upright(84,85) through S6 wrench with the bolt(23) and the spring washer (25).

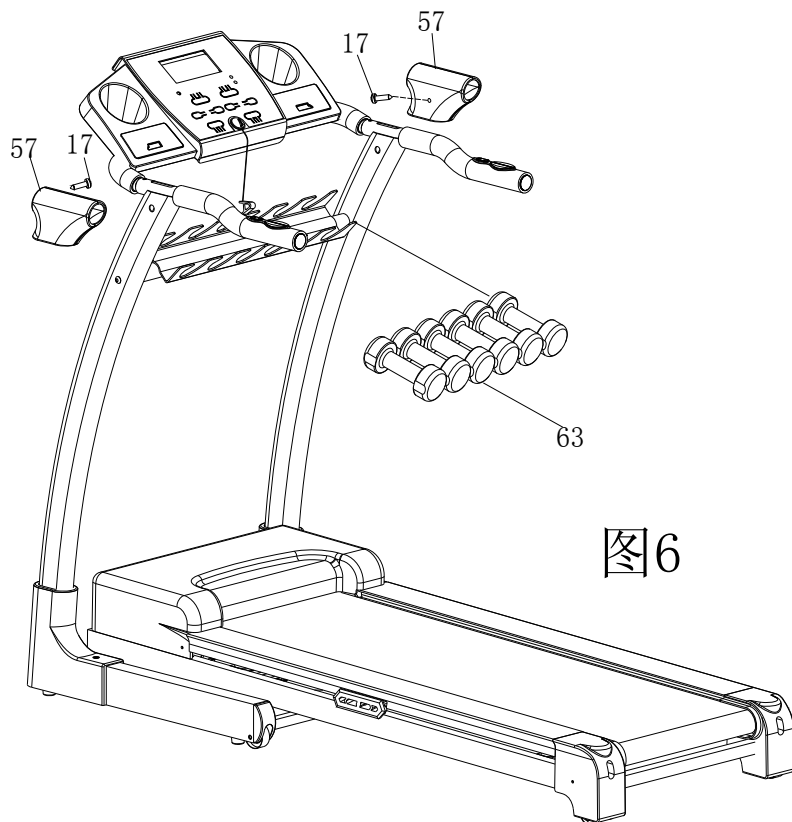


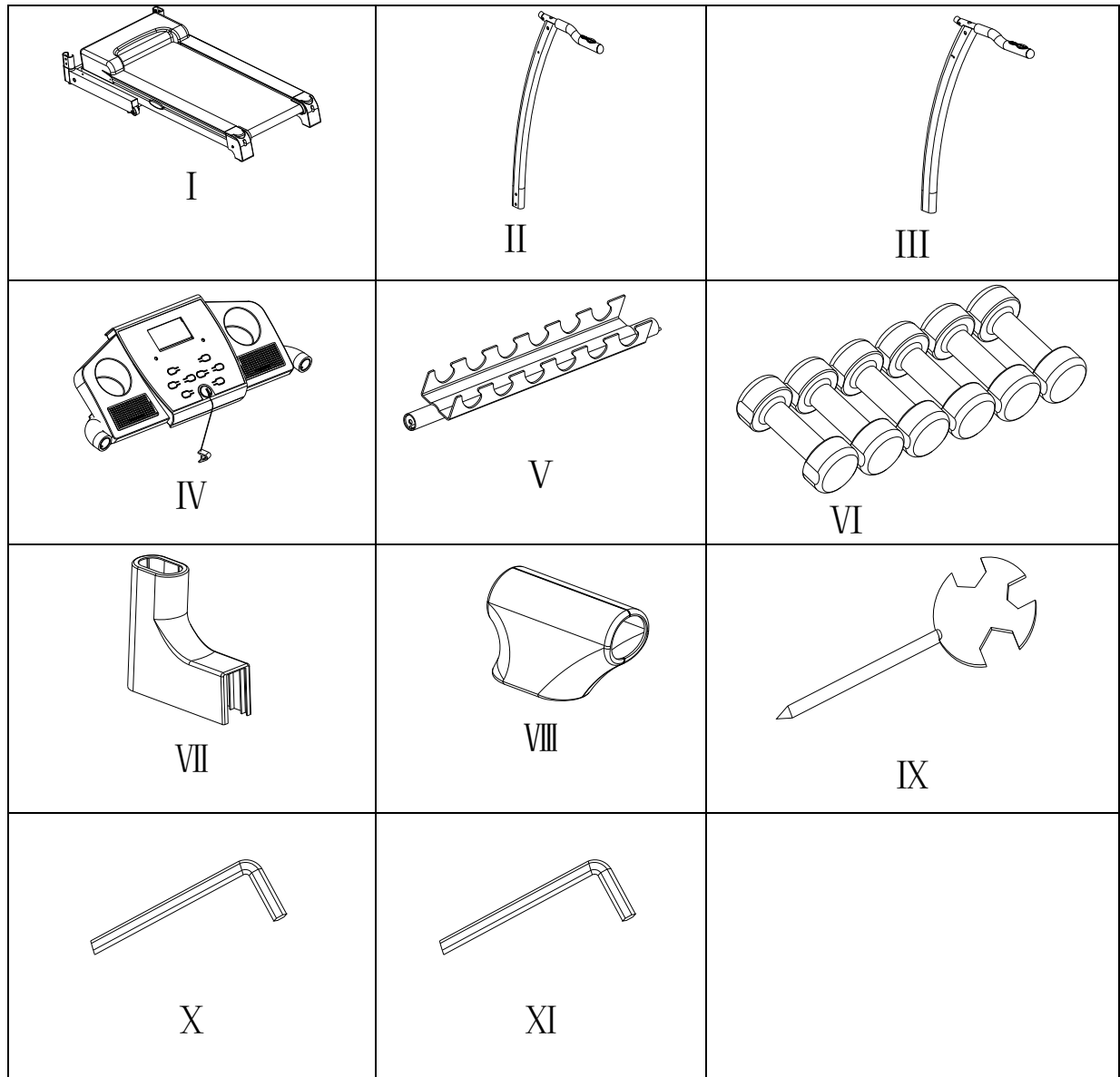
图6

4. (1)As attachment, put the plastic cover(57) onto the upright(84,85), fasten them with the bolt(17); (2)put the dumbbell(63) on the dumbbell holder(87).

5. Warning:

- a. **DO NOT PLUG IN POWER CORD UNTIL FINAL ASSEMBLY IS COMPLETED AND MOTOR COVER IS INSTALLED.**
- b. Do not attempt to assemble the treadmill until the assembly instructions are followed and the uprights are attached to the treadmill. Failure to follow this can result in damage to the treadmill.
- c. Your treadmill is a very heavy piece of exercise equipment and should be handled with caution.
- d. Children should not be allowed to play on the treadmill or move the treadmill deck up and down.

ASSEMBLY INSTRUCTIONS



HARDWARE BAG CONTAINING:

Parts #	Description	Remarks	Qty.
I	MAIN FRAME		1
II	LEFT UPRIGHT		1
III	RIGHT UPRIGHT		1
IV	COMPUTER		1
V	DUMBBELL HOLDER		1
VI	DUMBBELLS	2LB/2PCS, 3LB/2PCS, 4LB/2PCS	1 SET
VII	PLASTIC COVER		6
VIII	PLASTIC COVER		2

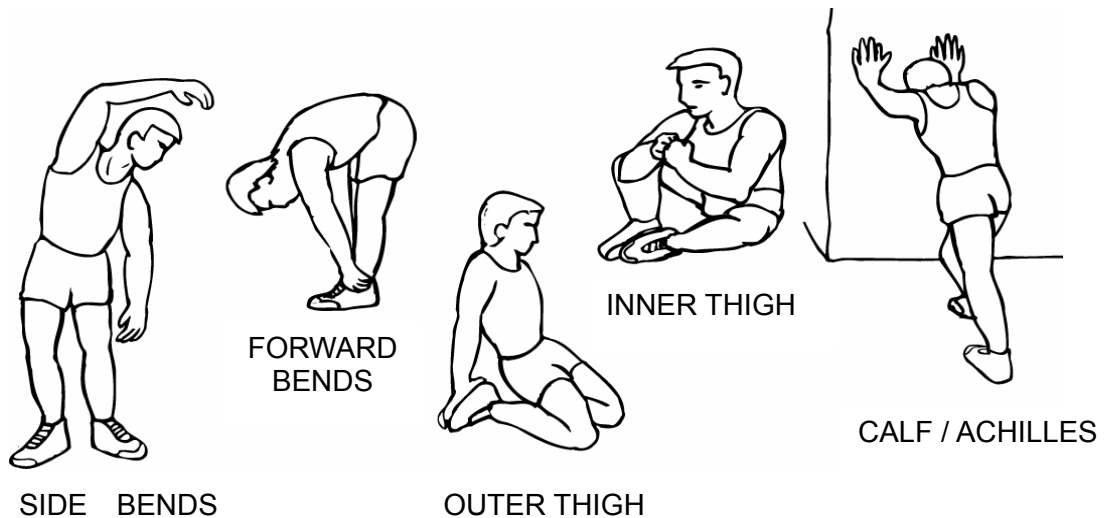
TOOLS REQUIRED:

Parts #	Description	Remarks	Qty.
IX	WRENCH W/SCREW DRIVER	S13 S14 S15	1
X	ALLEN WRENCH	S6	1
XI	ALLEN WRENCH	S2.5	1

EXERCISE INSTRUCTIONS

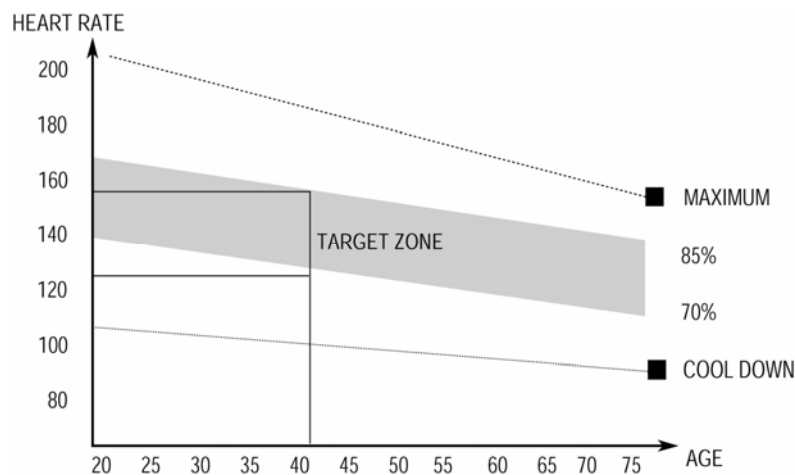
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work to your limit but it is very important to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.

To tone muscle while on your Treadmill you will need to have the resistance set quite high. This will put more strain on our leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance, making your legs work harder than normal. You may have to reduce your speed to keep your heart rate in the target zone.

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

OPERATION GUIDE



BASIC CHARACTER

1. Blue backlight, big LCD(HTN) display: speed、time、distance、calories、incline、pulse.
2. 8 buttons: “PROGRAM”, “MODE”, “INCLINE-”, “INCLINE+”, “SPEED-”, “SPEED+”, “START”, “STOP”.
3. 1 manual profiles ,3 preset files and 24 inner preset profiles;
4. Fast-adjustment buttons on the handlebars: I ncline adjustment button on the left and speed adjustment button on the right;
5. counting both by KM/H and MPH
6. with speaker/dimensional sound input;
7. Safeguard Function
 - a. Security device, urgently stop when draw out the safety key.
 - b. Automatic stop when out of control
8. Automatic stop when there is no signal for 10 seconds.

BUTTON OPERATIONS

Only when the safety key is on, can the user operate the computer-

1.START

- a. In STOP status, press START, it will display 3 seconds in TIME window and count down. When it reached zero, it will turn to RUNNING status and will run at the default speed.
- b. In RUNNING status, press START will not work.
- c. During the 3 seconds counting down, you can press STOP button to cancel startup and turn to STOP status.

2. STOP

- a. In RUNNING status, press STOP button to stop running and turn to STOP status. Each window will return to zero automatically.

b. In STOP status, press STOP for 2 seconds, each window will return to zero then return to the manual program.

3. PROGRAM

a. In STOP status, press PROGRAM button to choose among P1~P24 or MANUAL PROGRAM.

b. In RUNNING status, press PROGRAM will not work.

4. DISPLAY MODE

a. In STOP status, press the button to choose counting up or counting down if you are in MANUAL PROGRAM mode.

b. In RUNNING status, press MODE will not work.

5. SPEED+ / SPEED—

a. In STOP status, press SPEED+ / SPEED— will adjust the related window value where flash.

b. In RUNNING status, press SPEED+ / SPEED— to increase/decrease the speed. Press SPEED+ / SPEED— once, the speed will increase/decrease 0.1km/h (0.1 mp/h). But if the speed reaches 18.0km/h, press SPEED+ will no longer increase the speed. If the speed reaches 1km/h, press SPEED— will no longer decrease the speed. If hold the SPEED+ or SPEED— for 1 seconds, the speed will increase or decrease rapidly.

WORKING STATUS

1. STOP

In STOP status, the treadmill belt is not moving, both LCD and back light are on.

a. If there is no operation over 5 minutes, it will turn to SLEEP status.

b. Press START button to start running

c. Turn off the safety key, it will turn to OFF status

2. RUNNING

In RUNNING status, the treadmill belt is moving, both LCD and back light are on.

a. Press STOP button will stop running

b. Turn off the safety key, it will turn to OFF status

3. SLEEP

In SLEEP status, the treadmill belt stops moving. Both LCD and back light are off.

a. If there is any button operation, it will turn to STOP or OFF status

4. OFF

In OFF status, the treadmill belt stops moving. The LCD shows “off” and back light is off.

a. If there is any button operation over 5 minutes, it will turn to SLEEP status

b. If turn on the safety key, it will turn to STOP status

c. There will be no respond when pressing any button.

Fast start (in manual program mode)

1. When turn on the power and safety key, press START, TIME window will display “3333”、“2222”、“1111”. When the time count to “0”, it starts. The SPEED window shows “1KM/H” and the INCLINE window shows “0” when it starts. Time, distance, calories will count up. And press “SPEED-/SPEED+” or “SPEED” button on the handlebar to increase/decrease the speed, press “INCLINE-/INCLINE+” or “INCLINE” button on the handlebar to increase/decrease the incline.
2. In RUNNING status, press STOP button to stop running and turn to STOP status. Each window will return to zero automatically.
3. It stops whenever you remove the safety key or cut off the electricity power, all the data will return to zero, the LCD shows “OFF”.
4. It stops when the time counts to “99:59”, the speed window shows “END”, then time window shows “00: 00”, Each window will return to zero automatically after 50 seconds. Press “PROGRAM” or “DISPLAY MODE” to enter the following operation. The SPEED window shows “1KM/H” and the INCLINE shows “0” when it starts, others will count up.

CAUTION:

1. We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
2. Attach the magnet end of the safety pulling rope to the computer and also attach the clip of the safety pulling rope to your clothing.
3. To end your workout safely, press the STOP button or pull out the safety pulling rope, then the treadmill will stop immediately.

MANUAL PROGRAM:**HOW TO SET UP THE USER'S OWN PROGRAM:**

1. Press PROG button to the user programs.
2. Press MODE and then set up your own programs of speed and incline for the preset 20 intervals of time. The setting should be done from the 1st interval to 20th interval one by one.
3. For setting up the 1st interval, please press SPEED +/SPEED - to your required level and also press INCLINE +/INCLINE - to your required level.
4. Then press MODE again to set up the speed and incline of the 2nd interval.
5. Repeat Step 4 to set up the speed and the incline of all the 20 intervals.
6. After the 20 intervals of speed and incline are set up well, press START to start the workout.

The SPEED window will show 0.0 in this mode. You can press DISPLAY MODE button to choose counting up or time, distance and calories counting down.

a. COUNTING UP

In MANUAL PROGRAM mode, you may press DISPLAY MODE to set time, distance and calories to zero. When you begin running, the time will count up and distance and calories will count up from zero. It will stop automatically if the time reaches to 99:59.

b. COUNTING DOWN

In MANUAL PROGRAM mode, you may press DISPLAY MODE to enter the data (except zero) of time. The data of time will be decreased gradually with exercise. When the data displays "0", the treadmill will shut itself off in a short period.

Press PROGRAM to change among P1 to P24 and MANUAL PROGRAM.

PROGRAM P1~P24:

Press PROGRAM button to choose automatic program(from P1 to P24). You can not adjust the speed when pause training.

It will display any of P1~P24 in SPEED window. You may only need to preset the time. There are 16 intervals when running and the speed will change automatically. Refer the left-bottom drawing in the panel.

Press PROGRAM to change among P1 to P24 and MANUAL PROGRAM.

PROSET PROGRAMS:

TIME PROGRAM		INTERVALS															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	3	3	4	4	5	5	7	7	6	6	5	5	4	4	3	3
	INCLINE	2	2	6	6	3	3	5	5	4	4	3	3	2	2	1	1
P2	SPEED	2	4	6	6	7	8	4	4	7	8	8	6	8	5	5	3
	INCLINE	1	1	2	2	5	5	4	4	6	6	3	3	2	2	1	1
P3	SPEED	4	4	6	7	8	8	7	7	9	9	6	10	7	6	6	2
	INCLINE	2	6	8	10	12	12	12	8	8	7	10	10	6	4	2	2
P4	SPEED	4	6	3	7	2	5	8	10	6	12	8	10	7	5	3	2
	INCLINE	4	4	10	5	11	11	6	8	10	5	6	4	4	3	1	0
P5	SPEED	5	6	6	8	9	10	10	11	12	12	10	8	12	10	7	5
	INCLINE	4	4	6	8	10	12	6	5	5	10	10	7	5	3	2	0
P6	SPEED	3	6	9	12	10	8	7	7	8	10	9	10	12	11	6	4
	INCLINE	1	2	3	3	4	4	5	5	0	0	2	2	3	4	4	1

P7	SPEED	6	7	8	10	12	10	8	7	8	10	11	11	10	8	6	5
	INCLINE	3	3	4	4	3	3	2	2	5	5	6	6	4	2	2	0
P8	SPEED	6	6	10	10	12	10	8	8	10	8	6	8	12	12	6	3
	INCLINE	4	4	5	5	3	3	6	6	2	2	4	4	3	2	2	0
P9	SPEED	1	4	6	8	10	8	6	4	2	2	1	4	6	8	6	4
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
P10	SPEED	1	2	6	6	8	10	6	6	2	2	1	2	6	6	8	4
	INCLINE	1	2	1	2	1	2	1	1	2	0	1	2	1	2	1	2
P11	SPEED	1	3	4	5	2	3	4	5	3	2	1	3	4	5	2	3
	INCLINE	1	1	2	3	4	4	3	2	1	0	1	1	2	3	4	4
P12	SPEED	1	4	6	2	4	6	2	4	6	2	1	4	6	2	4	6
	INCLINE	1	3	5	7	9	11	9	7	5	3	1	3	5	7	8	11
P13	SPEED	2	3	4	5	6	5	4	3	2	1	2	3	4	5	6	5
	INCLINE	2	6	6	8	10	8	6	6	2	2	2	6	6	8	10	8
P14	SPEED	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6
	INCLINE	2	3	4	5	2	3	4	5	4	3	2	3	4	5	2	3
P15	SPEED	2	1	6	8	10	8	6	4	2	2	2	4	6	8	10	8
	INCLINE	2	1	6	2	4	6	2	4	6	2	2	4	6	2	4	6
P16	SPEED	2	2	6	6	8	10	6	6	2	2	2	2	6	6	8	10
	INCLINE	1	3	1	2	1	2	1	1	2	0	1	3	1	2	1	2
P17	SPEED	2	3	4	5	3	4	5	3	2	2	3	4	5	2	3	4
	INCLINE	1	2	2	3	4	4	3	2	1	0	1	2	2	3	4	2
P18	SPEED	2	4	6	2	4	6	2	4	6	2	2	4	6	2	4	6
	INCLINE	1	3	5	7	9	11	9	7	5	3	1	4	5	7	9	5
P19	SPEED	1	3	4	5	6	5	4	3	2	1	1	3	4	5	6	5
	INCLINE	2	5	6	8	10	8	6	6	2	2	2	5	6	8	10	8
P20	SPEED	1	4	6	8	6	6	4	4	2	2	1	4	6	8	6	6
	INCLINE	2	4	4	5	2	3	4	5	4	3	2	4	4	5	2	3
P21	SPEED	1	4	6	8	10	8	6	4	2	2	2	4	6	8	10	8
	INCLINE	2	3	6	2	4	6	2	4	6	2	2	3	6	2	4	6
P22	SPEED	2	3	3	6	7	7	4	6	2	2	3	6	2	4	6	2
	INCLINE	4	5	5	5	6	6	6	7	4	6	7	4	4	4	2	2
P23	SPEED	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5
	INCLINE	5	5	5	6	6	6	4	4	6	6	5	5	8	8	9	9
P24	SPEED	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2
	INCLINE	5	6	6	6	7	5	8	8	4	4	4	5	5	8	8	10

RANGE OF PROGRAM

SETTING PARAMETER	BEGIN	SET UP RANGE	DISPLAY RANGE
TIME (MINUTE: SECOND)	0:00	5:00—99:00	0:00—99:59
INCLINE (LEVEL)	0	N/A	0-20 levels
SPEED	0.0	N/A	1—18.0KM/H
DISTANCE	0.00	0.5—99.9KM/MP	0.00—99.9KM/MP
HANDPULSE (TIMES/MINUTE)	P	N/A	60—200
CALORIES(THERM)	0	10—999	0—999

SAFETY LOCK FUNCTION:

Pull out the safety pulling rope, then the treadmill will stop immediately. All the windows return to zero. The LCD shows "off" and flash. And the buzzer will make "BB" sound by 10 times ceaselessly.

Other function

It makes sound when MP3 or other audio frequency inserts the audio input on the computer. The sound volume are under the control outside. Please pay attention to control the volume in avoid that you may break the quality of sound and inner audio circuit.

TROUBLESHOOTING GUIDE

TROUBLESHOOTING GUIDE

PROBLEM	CAUSE	CHECKING	CORRECTION
Treadmill will not start.	1.If the plug and the line is loosen.	1. Checking the plug and the line is connected well.	1.Insert the plug and the line well.
	2.Not plugged in.	2.Checking the power switch is opened.	2.Reset the power.
The motor will not work.	1.The relative line of the control motor are abnormal.	1.Checking the line of the control motor is plugged well.	1.Insert the control motor wire.
	2.Do not press START KEY.	2.Checking the button is valid or not started the switch.	2.Reset the START KEY to test.
	3.Safety pull pin not inserted	3.Checking the safety pull pin is plugged well.	3.Insert safety pull pin.
	4.Motor plug is loosen or the motor is badness.	4.Testing if the motor is badness.	4.Change the motor
	5.Power or controller specification is wrong.	5.Checking the specification.	5.To choose the correct specification to reset the testing.
No speed	SENSOR do not touch well.	1.Checking the distance and place between SENSOR and magnet.	1.Adjust the distance within 5 m/m.
		2.Checking the wire if circuit breaker tripped.	2.Change the wire or SENSOR
		3.Checking the wire tie-in if it is touched well.	3.Reset to insert the wire tie-in.
PA circuit board	Pa circuit board bolt do not lock well or not put well the connector.	Take apart the bottom cover and press PA circuit board to see if it is short circuit or loosen.	Reset to put the connector and lock the bolt.
No hand pulse	SENSOR do not touch well.	1.Checking the wire is short circuit or lossen.	1.Change the wire or reset.

		2.Checking the wire and computer if the tie-in is connected well.	2.Reset to insert the wire
	The hand pulse do not touch well	3.Put the both hands to bedew a litter or scrub with both hands.	3.Reset to test.
E01	Message failure	1.the connected wire is wrong.	1.Use the multimeter to test the wire is stand or fall.
		2.Power supply voltage shortage	2.To test the outside and the inside valtage is normal.
			3.SCM is badness.
E02	burst clash	1. Power tube badness	1. Change the power tube
		2. Drivers badness	2. Change the drivers
		3. Motor is failure	3. Change the motor
E03	No sensor signal	1.Sensor wire badness	1. Change the sensor wire
		2. It is no use for the motor magnetic.	2. Change the magnetic or reset the magnetic
		3. Drivers badness	3. Change the drivers
E04	Incline study failure	1. Study failure	1. To reset study
		2. Incline motor badness	2. Change the incline motor
		3. Drivers badness	3. Change 24C02 or change the drivers
		4. Incline motor wire do not connect well	4. Insert the incline motor wire.
E05	Over-current protection	The machine is over loading	1. Don't put the loading weight over 90 KG on the machine
E06	Can not pass self-checking	Starting after 10 seconds	1. Turn on the power again 2. Change the controller
E08	Programs error	Data failure	1. Change the controller

MAINTENANCE INSTRUCTIONS

1.WALKING BELT CENTERING AND TENSION ADJUSTMENT

The walking belt may occasionally need to be centered and tightened.

2.Do not overtighten the walking belt.

This may cause damage to motor, roller and belt.

Note: When properly tightened, the sides of belt can be raised approximately 2-3 inches off the board.

3.Overtightening belt may void warranty!

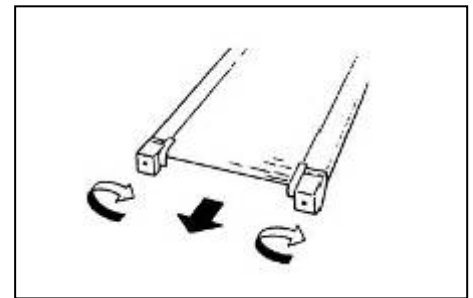
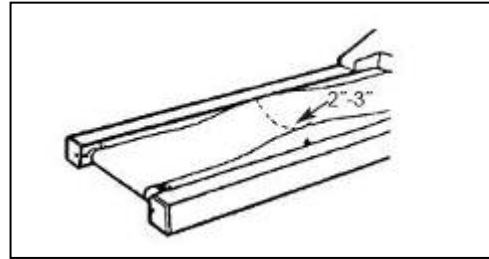
4.To adjust walking belt tension:

run treadmill at approximately 5kph

using Allen wrench, turn both the right and left adjustment 1/4 turn clockwise

if slipping continues...Note:..... (no change required)

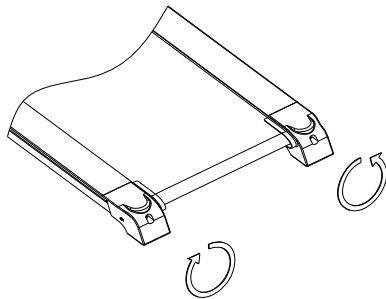
contact supplier if problem persists after 4 adjustments



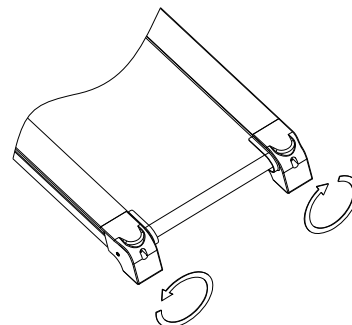
5.To centre walking belt:

- Place treadmill on a level surface
- run treadmill at approximately 5kph
- if the belt has drifted to the right, turn the right adjusting bolt 1/4 turn clockwise
- if the belt has drifted to the left, turn the left adjusting bolt 1/4 turn clockwise

If the belts has drifted to the RIGHT



If the belts has drifted to the LEFT



MAINTENANCE INSTRUCTIONS

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING OR SERVICING THE UNIT.

CLEANING

Regular cleaning of the unit will greatly prolong the life of the treadmill.

Keep the treadmill clean by dusting regularly (at least everytime before lubrication). Be sure This reduces the build up of dust and silicon residual underneath the walking belt.

The top of the belt may be cleaned with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or from underneath the belt. **Warning: Always unplug the treadmill from the**

electrical outlet before removing the motor cover. At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

This treadmill is equipped with a pre-lubricated, low maintenance deck system. The belt/ deck friction may play a major role in the function and life of your treadmill, thus requiring periodic lubrication. We recommend a periodic inspection of the deck.

We recommend lubrication of the deck according to the following timetable:

- Light user (less than 3 hours/ week) annually
- Medium user (3-5 hours/ week) every six months
- Heavy user (more than 5 hours/ week) every three months

Please obtain silicon spray with nozzle for easier lubrication beneath running belt.

Note:

When the treadmill is folded, you would like to use it, please push the running board, then foot press to release safety clasp

EVERY 2 YEARS

It is necessary that you change your treadmill motor brushes once every 2 years to avoid damaging your motor. If you fail to change the brushes this may cause the motor to burn out, voiding any warranty.

PLEASE NOTE: TREADMILL MOTOR BRUSHES NEED TO BE CHANGED EVERY 2 YEARS OTHERWISE MOTOR WARRANTY WILL BE VOID.

REFER TO MANUAL

